

FITPASS2015

A PASSPORT TO A **HEALTHIER** YOU.



SAN ANTONIO'S CITYWIDE FITNESS AND WELLNESS ADVENTURE!

FITPASS 2015

A PASSPORT TO A HEALTHIER YOU.

WELCOME TO FIT PASS 2015,

the latest installment of San Antonio's city-wide fitness and wellness adventure! Fit Pass 2015 is a FREE interactive fitness scavenger hunt taking place from June 13 to September 12, 2015. Challenge yourself to live healthier, stay fit, and get to know your City! Earn points for participating in wellness activities throughout San Antonio for a chance to win big prizes!

Here's How to Play:



1. Get the free mobile app or use your Fit Pass 2015

passport. Fit Pass 2015 has a brand new iOS App for you to digitally track your participation. Visit the App Store and search "Fit Pass" to download. Non iOS users can use the desktop web application by visiting **www.SAFitPass.com**.



2. Get Fit: Participate in as many of the listed activities and events as you desire to earn points.

Get your passport stamped or obtain your mobile app event code at each event from a Fit Pass or activity representative to earn credit for participation. Be sure to check the website periodically for new events added throughout the program.



3. Turn in your passport between September 12 and September 19, 2015 for a chance to win some amazing prizes

including new bikes, personal fitness equipment, gaming systems, gift cards, and more! Passports can be turned in at any Fit Pass event or San Antonio Parks & Recreation facility. Prizes will be awarded to the top overall point earners, and everyone who turns in a passport will be entered into our grand prize raffle!

Visit www.sanantonio.gov/parksandrec for complete rules and program updates or call (210) 207-3000.

Present this passport to a Fit Pass or activity representative at each event to obtain credit for participation. Follow us on Twitter and Instagram @SAParksFitness for updates and special Fit Pass 2015 updates, news, and social media contests. Be sure to use #FitPass2015.

Return or mail this passport to the San Antonio Parks & Recreation Department by September 19, 2015 to be eligible for prizes and to be entered into the grand prize drawing! Passports can also be returned to any Fit Pass representative on site at Fit Pass listed events. Mobile app and desktop users will have their points and information automatically submitted at the end of the program.

Mail or Return To:

San Antonio Parks & Recreation
5800 Old Highway 90 W.
San Antonio, Texas 78227

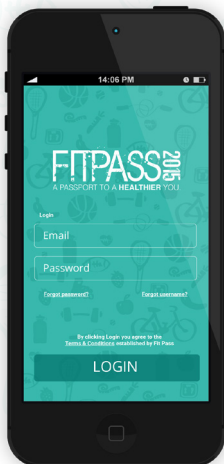
Attn: Fit Pass 2015



**CITY OF SAN ANTONIO
PARKS & RECREATION**



Mayor's Fitness Council
City of San Antonio



Download on the
App Store

**Search
"Fit Pass"**

FITPASS 2015

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TOTAL
POINTS

3

POINTS

ONGOING • FREE

Fill Out & Submit Your Fit Pass 2015 Participant Sign Up Sheet and Get Started Playing!

Fill out and turn in the participant sign up sheet in the front of your passport to start playing Fit Pass 2015. Congratulations for taking the Fit Pass Challenge.



10

POINTS

6.13.15 • FREE

LBJ Park, 10700 Nacogdoches
9:00 am to 12:00 pm *Check in starts at 8:00 am

Attend the Fit Pass 2015 Kick Off Event: Super Sports Fanatic 5K



Kick off your Fit Pass campaign at the Super Sports Fanatic 5K. Activities include a 5K and variety of free fitness activities, as well as some awesome door prizes. Don't forget to wear your best sports fanatic gear! For more information and to register, visit: www.carreraraces.com/FitPass5K

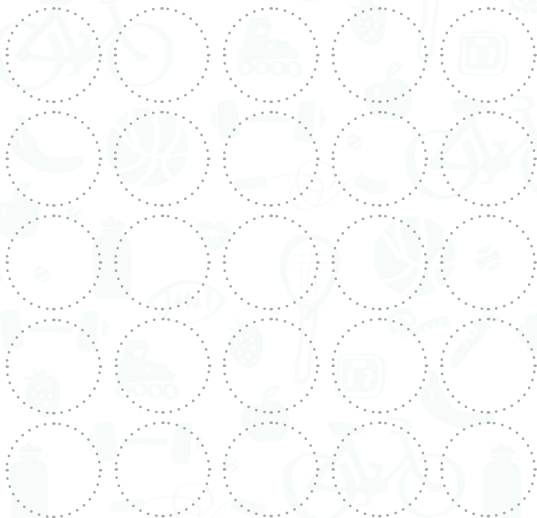


3**POINTS****ONGOING YEAR-ROUND • FREE**

Various Locations and Times - See online schedule

Attend a Fitness in the Park Class

Fitness in the Park is a year-round fitness program that brings a wide variety of FREE exercise classes to parks and recreation facilities across San Antonio. Earn Fit Pass points for attending any Fitness in the Park class of your choice, as many times as you like. There are hundreds of opportunities, so it's a great way to rack up points! For the current monthly schedule, visit www.sanantonio.gov/parksandrec and find the Fitness in the Park page. Check the weather hotline for information regarding inclement weather cancellations by calling (210) 207-3128.



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2

POINTS



ONGOING THROUGH 8.14.15 • FREE

Various Locations and Times - See online schedule

Participate in the San Antonio Sports Fit Family Challenge

The San Antonio Sports Fit Family Challenge is designed with a goal to get families active, to eat better, and to learn about health and fitness. Earn points for attending weekly workouts listed below as well as special monthly events. Each of these FREE sessions includes a 15-minute check-in period where health assessments and nutrition education take place. Adults (ages 13+) then move to the Zumba class and children (ages 4-12) move to their own Kid Fit class, each facilitated by a professional trainer. Each session is 60 minutes. For more information, visit www.fitfamilychallenge.com.

Fit Family Challenge Events: (worth 4 points)

6.27.15

8:00-10:00 am - District 8 Get Healthy at Hardberger
Phil Hardberger Park West, 8400 NW Military

7.25.15

8:00-10:00 am - District 3 Jump Into Fitness
Concepcion Park, 600 E Theo

8.15.15

8:00-10:00 am - Location TBA

Details at www.fitfamilychallenge.com



Weekly Fit Family Challenge Workout Schedule:

EVERY MONDAY

5:00 pm - Southwest High School, 11914 Dragon Lane

EVERY TUESDAY

5:45 pm - Rayburn Elementary, 635 Rayburn

5:45 pm - Martin Elementary, 730 Canterbury Dr.

EVERY WEDNESDAY

5:00 pm - Whittier Middle School, 2101 Edison Dr.

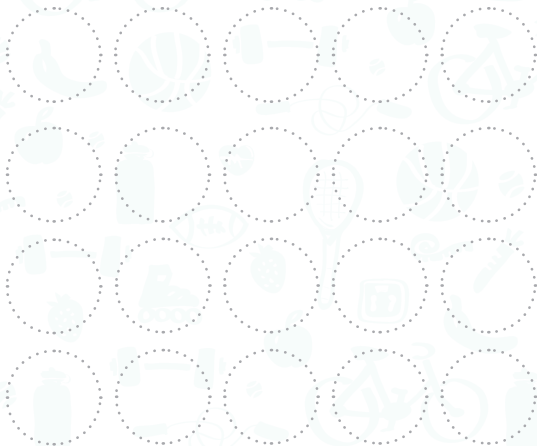
4:45 pm - Emma Frey Elementary, 900 S. San Eduardo

5:30 pm - Dwight Middle School, 2454 W. Southcross

EVERY THURSDAY

5:30 pm - A.C.E.S Early College High School Gym,
1460 Martinez Losoya Rd.

All San Antonio Sports Fit Family Challenge Points



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5

POINTS

ONGOING • FREE

Go Viral! Submit a video or picture of your Fit Pass Experience! Use the #FitPass2015 and tag @SAParksFitness. Winning pictures and videos will receive special prizes!

Post a video or snap a picture of your Fit Pass experience on Twitter or Instagram. Make sure you tag it with the #FitPass2015. Not only will you earn points, but we're picking the best social media videos and pictures as prize winners.

4

POINTS

6.17.15 • FREE

FINALE EVENT TIME AND LOCATION TBA

Woodlawn Park, 1103 Cincinnati Ave. - 5:30 pm

Unase Al Reto - Univision

Join Univision 41's news talent at Woodlawn Park as we gather to get fit through a community walk and low impact exercise session.



2

POINTS



ONGOING • \$3 PER CHILD recommended donation

Phil Hardberger Park East, Salado Creek Classroom,
13203 Blanco * (except Fishing) -Various Times and Dates

Growing Up Wild - Phil Hardberger Park

Children ages 3 to 7 years old (and parents) are invited to participate in a series of outdoor nature activities at Phil Hardberger Park East. Pre-registration is required by emailing susan.campbell@sanantonio.gov or calling (210) 207-3280. Space is limited to 20 children.

Grow as We Grow

6.30.15, 7.01.15 & 7.02.15

10:00 am to 11:30 am - Explore the life cycles of familiar wildlife and understand how they grow and change, take a nature walk, and make crafts.

Fishing Fun Without Water *

7.28.15, 07.29.15 & 07.30.15

10:00 am to 11:30 am at Phil Hardberger West (Next to Basketball Courts) - Learn the basics of fishing, bait a hook, practice casting and how to take a fish off the hook, take a nature walk, and make crafts.



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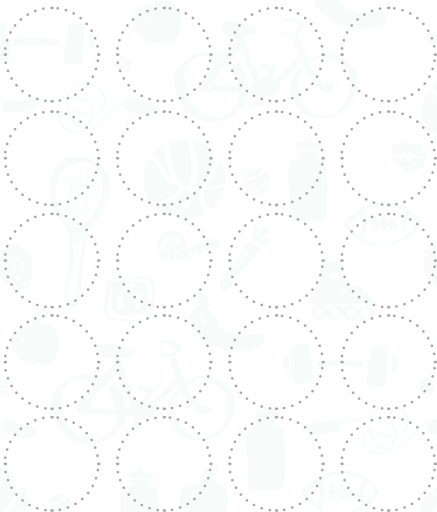
POINTS

ONGOING THROUGH 8.16.15 • FREE

Various Locations and Times - See online schedule

Go Swimming at a City of San Antonio Pool

Earn points for swimming at any City pool. For a listing of all City pools, visit www.sanantonio.gov/parksandrec/swimming.aspx.



5**POINTS****7.11.15, 8.8.15 & 9.12.15 • FREE****Creative Kids Childcare, 7980 Mainland - 1:00 PM****Super Fit Children Kid's Health Party -
Super Fit Children**

Super Fit Children encourages healthy lifestyle choices through various methods including a puppet show and healthy quiz games where kids can earn prizes for correct answers. Join us for a fun, healthy party!

**5****POINTS****ONGOING • FREE****San Antonio Food Bank, 5200 Old Hwy. 90 W.****Tuesday through Saturday from 8:00 am to 11:00 am****Volunteer at the SA Food Bank
Spurs Community Garden**

The Spurs Community Garden is an exciting initiative of the SA Food Bank's Nutrition Education Program. Volunteers will help with construction of gardens and gardening chores. Volunteers must apply online at www.safoodbank.org to schedule their appointments. In the comment section, please enter "Fit Pass."



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ONGOING • FREE

Witte Museum - 3801 Broadway St.

Every 3rd Tuesday of the month from 3:00 pm to 7:00 pm

Visit the H-E-B Body Adventure at the Witte Museum



Experience the excitement of the Witte Museum's H-E-B Body Adventure Powered by University Health System. The H-E-B Body Adventure is a revolutionary, interactive adventure where all generations will have a full-body experience focused on Health IQ, Empowerment and Wellness. Take a virtual bike ride along the beautiful San Antonio River on *South Texas Trailblaze*. Pick a drink and see how long it would take you to work it off at *You Are What You Drink*. Explore *Inside You*, a life-size virtual anatomy table, or strap on a skeletal vest and learn more about your organs and what it takes to keep them healthy and safe. It includes some of your favorite go-to spots, including Mt. Witte, the H-E-B Body Skycycle and an improved Move It! Floor. **Finish a complete take-home POWERprofile to earn Fit Pass points.**



2**POINTS**

ONGOING FROM 8.1.15 - 8.8.15

COST OF MENU ITEMS VARY

Various locations and times - See below

**Try Healthy Menu Items During
the Fit Pass ¡Por Vida! Week**

Por Vida is a restaurant recognition program that helps adults and children make healthier food choices by identifying those menu items that meet nutritional guidelines developed by the Healthy Restaurant Coalition. When you choose Por Vida, you make a better choice for life! Come try a Por Vida menu item at any eligible Por Vida restaurant location. Save your receipt and show it to any Fit Pass team member at any event to get points. Visit participating locations and ask for ¡Por vida! menu items.

Visit www.porvidasa.com for a listing of eligible restaurant locations and Fit Pass Por Vida week menu items.



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ONGOING • \$25 PER PERSON OR
\$40 FOR TWO (Fee includes juice supplies)

20079 Stone Oak Parkway, Ste. 1106- 10:00 am



Juicing Class for Smarties! - Juicer Heroes

From the ground to the glass bottle of life-giving juice, this hour long, hands-on class will show you the best fruits and vegetables, how to clean them to prevent contamination, and how to prepare them using the best cold pressed juicer available. You'll learn how to make juice and you'll get to take fresh, cold pressed juice home!

ALTERNATING SATURDAYS:

6.20.15, 7.11.15, 7.25.15, 8.8.15, 8.22.15, 9.12.15



3**POINTS****ONGOING • FREE* (Cost of produce varies)**Dignowity Hill Park, 701 Nolan - 9:00 am to 2:00 pm**Dignowity Hill Farmer's Market**

The Dignowity Hill Farmer's Market was established to offer an overall health and wellness aspect to the community. At the farmer's market you can purchase fresh, local and affordable produce, get a free health screening, attend free health and fitness classes offered by the Mayor's Fitness Council at 10:00 am and 11:30 am. Visit vendors, check out food and nutrition demos as well. Cash, credit, debit, and Lonestar cards are accepted.

Don't just eat better, feel better!**ALTERNATING SUNDAYS:**6.14.15, 6.28.15, 7.12.15, 7.26.15, 8.9.15, 8.23.15

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7.27.15 • FREE

819 Augusta St. - 5:30 pm

Cool Off and Get Fit with the Junior League of San Antonio



Take a break from the heat and join the Junior League for an exciting indoor fitness & exercise session. Call (210) 225-1861 for more information.

6

POINTS

8.8.15 • FREE

Woodlawn Pool, 221 Alexander - 3:00 pm to 5:00 pm

Active Family Fun Day - SA Parks

Come enjoy swimming, games, and family activities as part of Active Family Fun Day! Don't forget to bring your swimsuit!



2

POINTS

STARTING 6.18.15 • FREE

Fleet Feet Sports, 6408 N. New Braunfels
Every Thursday at 7:00 pm

Social Fitness Walking



With support from Fleet Feet Sports, San Antonio Walks, the city's premier walking program, will provide a social fitness walk starting on Thursday, June 18th, and continuing every Thursday at 7 pm. Walks start at the Fleet Feet Store and all levels of walkers are welcome to participate in an easy 1 to 3 mile walk in the nearby communities. Experienced coaches and motivated mentors will offer training, advice, and support.

For more details, contact Bert Pickell at (210) 273-7983 or bpickell@satx.rr.com.



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8.1.15 & 9.5.15 • FREE

McAllister Park, Al Beckon Pavilion - 13102 Jones
Maltsberger • First Saturday of each month 8:30 am

San Antonio Roadrunners Monthly Fun Run

Held the first Saturday of each month, this event is free and open to the public, for all ages. Event begins at 8:30 a.m. with a 60-yard dash Kids' Run. Each child receives a finisher's ribbon. After the Kids' Run, half-mile, one-mile, and three-mile runs are held. Participants may enter as many of these runs as they want. Participants completing all three events are eligible to receive a trophy. These events are timed but the event is non-competitive.

Water, Gatorade, and post-race refreshments are available. The San Antonio Roadrunners (SARR) is a 501(c)3 non-profit organization whose mission is to promote health and fitness thru running.

For up-to-date information, go to www.saroadrunners.com.

4**POINTS****7.11.15 • FREE**

Location TBA - Find out online at www.greensatx.org
8:30 am to 12:00 pm

Green Spaces Alliance Volunteer Orientation

Whether you're a new volunteer or you're looking for a refresher, it's a great opportunity to learn about GSA's mission in action and gain information about volunteering. The orientation will be paired with an hour of volunteering to get everyone started.

**4****POINTS****ONGOING • FREE**

Various Locations and Times

Mobile Fit San Antonio

Mobile Fit San Antonio is a traveling wellness vehicle that offers free exercise classes, as well as free health screenings. Earn Fit Pass points for receiving a free screening that includes BMI, blood pressure, and body fat percentage readings. Stay on the lookout for Mobile Fit San Antonio at Fit Pass events throughout the summer!



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POINTS

7.15.15 - 8.7.15 • FREE

Various SYP Locations

Park's Summer Youth Program: Get Fit!

(Limited to Summer Youth Program Participants Only)



Get Fit! Is part of the Parks and Recreation's Summer Youth Program daily activity schedule. Summer Youth Program participants can earn Fit Pass points for various Get Fit activities each week.

*This activity is limited to Summer Youth Program participants only.



4**POINTS****ONGOING • FREE**

6.27.15 - Stone Oak Park, 20395 Stone Oak

8.1.15 - Woodlawn Lake Park, 1103 Cincinnati

9.5.15 - McAllister Park, 13102 Jones Maltsberger

Between 10:00 am and 12:00 pm

Complete an Outdoor Fitness Equipment Circuit

Complete at least 1 circuit or rotation at the outdoor fitness equipment stations found at select parks. The on-site Fit Pass representative will be there to assist you and provide your stamp or app code.

**5****POINTS****7.25.15 & 8.29.15 • FREE**

Bike Ride on a Greenway Trail

Come take a ride on one of San Antonio's Greenways. Bring your own bike for a ride between 9:00 am and 11:00 am. Meet us at the trailhead!

7.25.15

Valero Trailhead, 6000 North Loop 1604

Between 9:00 am and 11:00 am

8.29.15

Phil Hardberger Park East, 13203 Blanco Rd.

Between 9:00 am and 11:00 am



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ONGOING • FREE

Woodlawn Lake Park Gym, 219 Alexander

Every Wednesday Night, July- August • 5:00 pm to 9:00 pm

Teen Night at Woodlawn Lake Park



Teens, ages 13 to 17, are invited to join us every Wednesday night at the Community Health and Wellness Center at Woodlawn Lake Park Gym. Activities include volleyball, basketball, and various sports conditioning drills. This activity is limited to teens only.



5**POINTS****7.12.15 & 8.8.15 • FREE**

Salado Creek Greenway Trailhead in LBJ Park
10700 Nacogdoches • 9:45 am to 11:00 am

Get Fit with Fido

The Animal Defense League invites you to come take a dog for a walk or run. Each dog will wear an "Adopt Me" harness so that other walkers/runners will know the dogs are available for adoption. Get fit, while giving a furry friend a workout and new experience. We'll supply the leash and harness, you provide the foot power. Pre-Registration is required and space is limited so call (210) 655-1481 ext. 110 to RSVP.

**4****POINTS****6.17.15, 7.15.15, 8.19.15 • FREE**

JoyRide Texas, 1915 Broadway • 9:30 am or 4:30 pm

Try a FREE spin class with JoyRide

JoyRide Cycling is San Antonio's premier dedicated indoor cycling studio! Indoor cycling is the ultimate in cardiovascular fitness, appealing to avid cyclists, fitness buffs and beginners alike. Burn calories, create energy and build focus: JoyRide inspires both body and mind! Register online to reserve your spot for a free JoyRide class. Space is limited, use the code FITJOY at check out. www.joyridetexas.com



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8

POINTS



8.23.15 • FREE

AT&T Center , 1 AT&T Center Parkway • Time TBA

Dance Clinic with the Star Squad

The Star Squad and Fit Pass have teamed up to host a dance clinic, for all ages and levels, on Sunday, August 23rd. Participants will take a two hour class with Star Squad choreographers and team members. During the clinic, dancers will learn a routine, have the opportunity to take pictures with the Star Squad and the Fox and get behind-the-scenes access to a pre-game Star Squad practice. This leads up to an on-court, performance with the Star Squad and the Fox. Visit www.attcenter.formstack.com/forms/fitpasssa to reserve your spot. Participants must pre-register to participate.

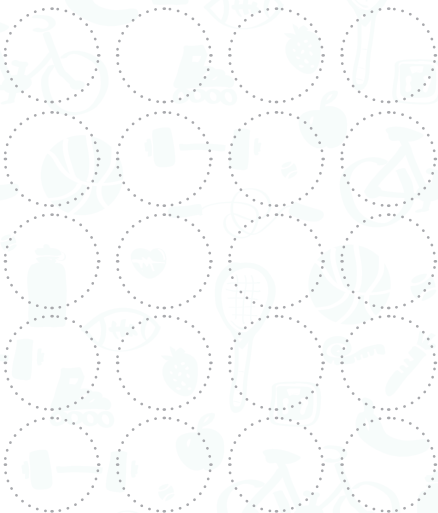


ONGOING • FREE

Various Locations and Times - See online

Visit any YMCA

Stop by any of our 11 YMCA locations and be our guest for a fun fitness class or a workout. Current members can receive Fit Pass points too. To receive points, just show your Fit Pass app or passport to a Member Engagement Representative at our Welcome Center. Visit www.ymcasatx.org for a complete list of locations and business hours.



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POINTS

HealthY
at H-E-B Grocery • Life

ONGOING • FREE

H-E-B - 10718 Potranco • 10:00 am

H-E-B - 735 SW Military • 10:00 am

Take the H-E-B Grocery Store Tour

Join H-E-B Registered Dietitians and take a guided tour of your H-E-B Grocery Store. Learn how to shop and cook more healthfully. H-E-B Registered Dietitians will teach you how to read a food label, prepare a healthy shopping list, make meal plans, recipes and more. Space is limited. To sign up, visit www.heb.com/nutrition. Meet at the pharmacy ten minutes before the start of the tour.

DATES:

Wed., 6.17.15

Wed., 7.15.15

Wed., 8.12.15

Wed., 7.1.15

Wed., 7.29.15

Wed., 8.26.15

Sat., 7.11.15

Sat., 8.8.15

Wed., 8.9.15

Fit Pass 2015 Activities & Events To Be Announced

Stay tuned for new Fit Pass 2015 activities and events that are not listed in this passport. For up-to-date information, including new Fit Pass 2015 point opportunities, be sure to follow us on Twitter, @SAParksFitness and visit our website: www.sanantonio.gov/parksandrec. Use this space to collect stamps for newly added activities!

























Fit Pass 2015 Participant Information Sheet

Please fill out this sheet prior to turning in your Fit Pass 2015 passport for a chance to win some amazing prizes!

Name: _____

Age: _____ Gender: M _____ F _____

E-mail Address: _____

Phone Number: _____ Zip Code: _____

Humana Vitality ID or COSA SAP No. (If applicable):

Total Fit Pass 2015 Point Tally: _____

Total Fit Pass 2015 Events
and/or Activities attended: _____



Did your participation in the Fit Pass 2015 program encourage you to adopt a healthier lifestyle?

Yes

No

Which best describes your current activity level?

(please check one)

☐ Not very active or sedentary (Less than 75 minutes per week)

☐ Somewhat Active (At least 75 minutes per week)

☐ Moderately Active (At least 150 minutes per week)

☐ Very Active (More than 150 minutes per week)

What did you enjoy the most about the Fit Pass 2015 program?

Did you see any impact in your overall health and wellness as a result of your participation in the Fit Pass 2015 program?

Yes

No

Please provide any additional comments about your Fit Pass 2015 experience:





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VISIT US ONLINE AT:

www.sanantonio.gov/parksandrec